



43. Alteburglauf
Arnstadt / 06.05.2022

Detailed evaluation

Kiefer, Anja

Club: Arnstadt
Number: 16

Course: 21.10 km
Halbmarathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:24:46

Speed: 8.75 km/h
Running performance: 6:52 min/km

Rank in course/Total: 32 (of 32)

Rank in course/Women: 3 (of 3)

Best time in course: 2:08:13

Rank in category: 1(of 1)

Best time in the category: 2:24:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Wendestelle	10.40	1:08:29	6:35	1	-	3	6:41	10.40	1:08:29	6:35	1	-	3	6:41
Alteburg-Turm	10.70	1:16:17	7:07	1	-	3	9:52	21.10	2:24:46	6:51	1	-	3	16:33